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From 2019-05-16



Intelligences and You









Naturalist

Naturalist Intelligence



Naturalist intelligence involves being able to recognize, appreciate and group different things in the environment: plants, animals, people, structures, weather patterns, landscapes and so on. It also allows one to see the connections between different parts of the environment, to easily recognize when environmental changes happen, and to changes might have. People with a strong naturalist intelligence are typically viewed as

being "in tune" with nature.	ppie with a strong ha
 Strengths Sensitive to nature — feel a concern for, and connection to, living things and the natural environment Observe similarities and differences in plants, animals and natural formations, as well as in manufactured objects Organize and group things according to their traits Enjoy growing plants, taking care of animals or learning about the natural environment Aware of subtle changes in the weather, climate and seasons Have an interest in conservation and recycling 	Challenges Difficulty ident objects in the remanufactured Don't notice sit objects Unable to ident birds and their plants, rocks of Feel uncomfor fear wild animal urban convening Unaware of gray of factors such pressure Not concerned pollution contri
Famous People with Strong Naturalist Intelligence ☐ Charles Darwin (geologist, naturalist) ☐ Jane Goodall (biologist, conservationist) ☐ Jacques Cousteau (marine ecologist, filmmaker) ☐ Chico Mendes (human rights activist, environmentalist)	Top Careers for Intelligence 1. Hunters and 2. Park Naturali 3. Sustainability 4. Veterinarians 5. Environment
Steve Irwin "The Crocodile Hunter" (naturalist, environmentalist)	 6. Animal Breed 7. Farmworkers

Difficulty identifying or grouping plants, animals and objects in the natural environment, as well as manufactured objects like cars and clothing
Don't notice similarities between seemingly different objects
Unable to identify the sights and sounds of nature—birds and their songs, for example, or the appearance of plants, rocks or cloud formations
Feel uncomfortable in a natural environment — may fear wild animals, dislike insects, sand and dirt, and miss urban conveniences
Unaware of gradual shifts in the weather and the effects of factors such as temperature, humidity, wind and pressure
Not concerned about environmental protection, pollution controls or water quality

r Naturalist

- **Trappers**
- ists
- / Specialists
- al Science Teachers, Postsecondary
- s, Farm, Ranch, and Aquacultural Animals
- 8. Environmental Science and Protection Technicians, Including Health
- 9. Forest and Conservation Workers
- 10. Fishers and Related Fishing Workers

Intrapersonal Intelligence









Intrapersonal intelligence includes the ability to understand oneself -- emotions, fears, motivations, strengths and weaknesses. This intelligence allows you to reflect upon your own thinking and behavior, learn from that reflection, find ways for self-improvement, and build self-confidence.

 Strengths Well aware of personal abilities, challenges, feelings and attitudes Set realistic goals, able to focus and stay on track In control of emotions, good at handling high-stress situations Make decisions thoughtfully and carefully 	 Challenges Give little thought to personal goals and abilities when making decisions Unaware of how mood, attitude and tone of voice can affect other people Allow personal opinions to negatively affect decisions and interactions with others Set unrealistic goals and make limited progress, often giving up
Ethical and objective, aware of how personal viewpoints can be biased or unfair	Don't understand how to recognize and manage own emotions
Famous People with Strong Intrapersonal Intelligence Confucius (philosopher, teacher) Sigmund Freud (neurologist, psychoanalyst) Mohandas Ghandi (lawyer, ideological leader) Helen Keller (speaker, author) Terry Fox (athlete, humanitarian)	 Top Careers for Intrapersonal Intelligence Gaming Supervisors Judges, Magistrate Judges, and Magistrates Child, Family, and School Social Workers Chief Executives Education Administrators, Preschool and Childcare Center/Program Postmasters and Mail Superintendents Psychiatric Aides Producers
	9. Transportation Managers10. Sales Managers

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This intelligence includes the ability to play an instrument or sing, as well as a number of other skills such as: recognizing tones, patterns, rhythms, beats and sounds; enjoying and analyzing music; understanding musical structures; and, creating melodies and rhythms.

Strengths	Challenges
Enjoy a wide range of different types of	Enjoy only a few types of music
music Use music to influence mood, build motivation and boost productivity	Music has little effect on mood, motivation and emotions
 Easily pick up on the beat or chords in music and recognize different instruments by their sounds Notice and use different tones in speech to impart emotion, emphasis or meaning Sing well, can play one or more instruments and could easily learn another Readily recall tunes and lyrics, and can use music, rhythms and patterns to remember things 	 Difficulty identifying sounds of different musical instruments Not likely to notice or use tone that imparts meaning in speech — for example, detecting and using sarcasm Do not sing well and would have trouble learning to play an instrument Do not remember melodies and lyrics of songs
Famous People with Strong Musical Intelligence	Top Careers for Musical Intelligence
	Intelligence 1. Music Composers and Arrangers
Musical Intelligence Jennifer Lopez (musician,	Intelligence
Musical Intelligence Jennifer Lopez (musician, composer) Elvis Presley (singer-	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary
 Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and producer) 	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists
Musical Intelligence ☐ Jennifer Lopez (musician, composer) ☐ Elvis Presley (singer-songwriter) ☐ Beyoncé Knowles (singer, songwriter and actress) ☐ William James "will.i.am" Adams Jr. (musician and	 Intelligence Music Composers and Arrangers Art, Drama, and Music Teachers, Postsecondary Music Therapists Physicists Singers Music Directors

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Interpersonal Intelligence

to the mood, personality and goals of others.







Strengths	Challenges
Relate well to	Difficulty building and maintaining social relationships
others Notice and understand people's needs, perspectives, emotions and motivations Connect and interact with people quickly and easily Form and maintain lasting relationships Able to lead, influence and inspire others	 Do not notice or respond appropriately to others' feelings, motivations or behaviors Not good at collaborative work Uncomfortable interacting with people whose experiences, views and beliefs differ from own Don't see the humor in things that others find funny
Famous People with Strong Interpersonal Intelligence	Top Careers for Interpersonal Intelligence
Martin Luther King, Jr. (clergyman, civil rights activist)	Marriage and Family Therapists
Mother Teresa (nun, humanitarian)Oprah Winfrey (talk-show host, philanthropist)	 Educational, Guidance, School, and Vocational Counselors
Anthony Robbins (success coach, professional speaker)	3. Patient Representatives4. Psychiatrists
Ellen DeGeneres (comedian, talk-show host)	5. Lodging Managers6. Arbitrators, Mediators, and Conciliators
	7. Public Relations and Fundraising Managers
	8. Transportation Managers
	9. Emergency Management Directors

10. Counseling Psychologists

This intelligence includes understanding and working with people, building relationships, seeing the world from others' point of view, communicating well verbally and non-verbally, cooperating in a group, having influence, and responding

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Existential Intelligence









Existential intelligence is the ability to see the big picture in everything - the relationships and connections, vastness and limitations, and how everything fits together. This intelligence is used in considering questions about our existence, such as purpose, life, death, and our place in the universe. NOTE: Existential Intelligence should not be confused with existentialism. Existentialism is an area of philosophy dealing with certain views on human existence. Philosophers who examine and promote existentialist theories would certainly use their existential intelligence. However, the intelligence can be applied to other areas as well.

Strengths	Challenges
Summarize details to understand a larger concept — putting together the elements of a career plan or game strategy, for example	Not interested in exploring "deep" questions about life, death and the universe. Prefer questions that have clear and final answers
See things from different points of view — understanding others' cultures or values, or both sides of a debate, for example	Focus on immediate tasks and getting them done, rather than thinking about different possibilities and how things connect in a bigger way
 Explore questions about human existence through study of philosophy, ethics, the arts, or religion and spirituality Connect different ideas to envision something new 	 Difficulty understanding perspectives, values and opinions that differ from own Rely on repetition and memory techniques for learning rather than looking for ways to relate facts to a larger
and creative	concept
Famous People with Strong Existential Intelligence	Top Careers for Existential Intelligence
 Aristotle (philosopher, teacher) The Dalai Lama (spiritual leader) Deepak Chopra (doctor, speaker/author) Ralph W. Emerson (essayist, transcendentalist) Jane Addams (philosopher, activist) 	 Clergy Political Science Teachers, Postsecondary Sociologists Advanced Practice Psychiatric Nurses Training and Development Specialists Directors, Religious Activities and Education Sociology Teachers, Postsecondary Philosophy and Religion Teachers, Postsecondary Social Work Teachers, Postsecondary History Teachers, Postsecondary

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Spatial Intelligence









Spatial intelligence includes the ability to identify objects accurately, change and recreate images, and recognize how shapes and objects relate to each other. While this intelligence is typically applied through visual means, spatial intelligence does not only rely on vision. It can also be used through touch and sometimes even hearing.

Strengths	Challenges
Able to visualize images — both real and imagined — with great clarity, and to picture how they would look when rotated or modified	Difficulty learning information that is visual (presented as images or diagrams) or tactile (presented through touch and handling objects)
 Notice and remember visual details and tend to evaluate the design, symmetry or beauty of things Can work with shape, size, position and location to solve problems and design, arrange or build things Have a good sense of direction and can easily navigate through different environments, whether on foot, driving or traveling by air or on water Can accurately visualize and estimate distances and measurements 	 Poor memory for visual details such as locations and what things look like; may also forget faces Dislike puzzles, mazes, building models and other activities that require fitting pieces together Easily lose sense of direction and have trouble understanding and following maps, charts and diagrams Struggle to estimate distances and measurements, whether they are distances for travel or measurements for cooking recipes
Famous People with Strong Spatial Intelligence	Top Careers for Spatial Intelligence
 Frank Lloyd Wright (architect, interior designer) Michelangelo (artist, engineer) Steven Spielberg (film director, video game designer) Vera Wang (fashion designer) Christopher Columbus (explorer, navigator) 	 Civil Drafters Mechanical Drafters Computer Hardware Engineers Agricultural Engineers Commercial and Industrial Designers Biomedical Engineers Architecture Teachers, Postsecondary Pilots, Ship Architectural Drafters Transportation Engineers

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Kinesthetic Intelligence

This intelligence provides you with the mind and body coordination needed to move your body and other objects. It influences small movements, such as using your fingers to play a musical instrument, and large movements, such as running and catching a ball. Kinesthetic intelligence also affects certain mental abilities such as visualizing and remembering complex movements.

Strengths	Challenges
Have good balance and coordination when moving or being physically active	 Avoid activities that require good coordination or complex movements
Good at hands-on activities, such as using tools and objects to build, create and repair	Not interested in playing competitive sports
Can analyze complex movements and the steps involved to identify problems and solutions	Do not use movement or physical precision for self- expression — through dance, painting or handmade
☐ Use movement to express feelings and ideas —	crafts, for example
through gestures, body language, acting or dance, for example	Lack confidence when using tools and other physical objects to complete tasks
Have good reflexes — react quickly and instinctively	Unaware of own body language and may miss non- verbal cues from others
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Famous People with Strong Kinesthetic Intelligence	Top Careers for Kinesthetic Intelligence
Kinesthetic Intelligence Michael Jordan (basketball player)	Intelligence
Kinesthetic Intelligence Michael Jordan (basketball player)	Intelligence 1. Fallers
Kinesthetic Intelligence ☐ Michael Jordan (basketball player) ☐ Bruce Lee (martial artist)	Intelligence 1. Fallers 2. Fence Erectors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer)	Intelligence 1. Fallers
Kinesthetic Intelligence ☐ Michael Jordan (basketball player) ☐ Bruce Lee (martial artist)	Intelligence 1. Fallers 2. Fence Erectors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer)	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist)	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers 6. Athletes and Sports Competitors
Kinesthetic Intelligence Michael Jordan (basketball player) Bruce Lee (martial artist) Paula Abdul (dancer, choreographer) David Blaine (magician, endurance artist) Jim Carrey (actor,	Intelligence 1. Fallers 2. Fence Erectors 3. Tire Builders 4. Rail Car Repairers 5. Dancers 6. Athletes and Sports Competitors 7. Municipal Firefighters

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Logical Intelligence









This intelligence includes the ability to reason inductively (make conclusions based on observations) and deductively (make conclusions based on hypotheses). This intelligence also involves finding relationships between abstract ideas (numbers, for example), recognizing logical sequences and patterns, recognizing problems and solving them. This intelligence is closely linked with being successful in school.

Strengths	Challenges
Easily recognize number patterns and can make quick, accurate calculations	Struggle with abstract mathematical and logical concepts
☐ Understand the relationship between cause and effect — to predict how one thing can affect another	Poor problem-solving ability — don't know how to use or develop approaches for reaching the best solution
Can identify all the parts in a system and how they interact	Dislike activities involving puzzles, strategy, calculations or formulas
Analyze information to determine what is important versus what is not	Find it hard to categorize and organize things in a logical manner
Able to work with abstract concepts and use symbols to represent concrete ideas	Not inclined to experiment or form theories to explain things
Famous People with Strong Logical Intelligence	Top Careers for Logical Intelligence
Thomas Edison (inventor, businessman)	1. Mathematical Technicians
Albert Einstein (physicist,	2. Operations Research Analysts
humanitarian) Florence Nightingale (nurse, statistician)	3. Actuaries
Florence Mightingale (nurse, statistician)	
Charlack Halmas (fintional datactive)	4. Software Developers, Applications
Sherlock Holmes (fictional detective)	 Software Developers, Applications Mathematical Science Teachers, Postsecondary
Sherlock Holmes (fictional detective)Bill Gates (businessman, philanthropist)	
	5. Mathematical Science Teachers, Postsecondary
	5. Mathematical Science Teachers, Postsecondary6. Agricultural Engineers
	5. Mathematical Science Teachers, Postsecondary6. Agricultural Engineers7. Biomedical Engineers

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Linguistic intelligence helps you to understand and use language properly in reading, writing, speaking, including sign language and Braille. It also affects vocabulary and the ability to understand and use humor, create pictures using words, notice language patterns, and recognize relationships between words. Linguistic intelligence is one of the main intelligences linked with succeeding in school.

Strengths	Challenges
Know how to use vocabulary, sentence structure, grammar and spelling for clear communication	Have difficulty with grammar, vocabulary, reading, writing, new languages and word-based puzzles
 Easily remember word-based information Good at learning new languages and other symbol systems, such as computer code and hieroglyphs Use language creatively for such things as storytelling, writing, using humor and composing poetry Can tailor communication style depending on topic, audience and purpose 	 Struggle with communication, creativity and memory for general facts Avoid activities that involve reading, writing and speaking, especially when dealing with challenging material Don't pick up on subtle forms of humor, such as irony, sarcasm and satire Have trouble remembering things that are read or heard
Famous People with Strong Linguistic Intelligence William Shakespeare (author, playwright)	Top Careers for Linguistic Intelligence
 William Shakespeare (duthor, playwright) Barack Obama (lawyer, U.S. president) Maya Angelou (poet, author) Noam Chomsky (linguist, philosopher) Jean-François Champollion (linguist who first deciphered Egyptian hieroglyphs) 	 Interpreters and Translators Technical Writers Lawyers Political Scientists Speech-Language Pathologists Neuropsychologists and Clinical Neuropsychologists Training and Development Specialists Soil and Plant Scientists Foreign Language and Literature Teachers, Postsecondary
	 English Language and Literature Teachers, Postsecondary

Rate your profile:

How well does it match you?

Developing Your Intelligences





Your moderate strengths can often be developed more easily than weaker areas.

Naturalist

Advice for Learning





- Work on assignments in a natural environment that helps you focus in your backyard, for example, or at a park or beach
- Take part in school field trips. In addition to outdoor experiences, go on trips to science museums, art galleries and other environments where you can use your senses to identify and classify objects
- Join or start an environmental project, at school or in your community
- In class, look for ways to incorporate nature and the environment. For example, you could write a paper about how weather conditions have affected worldwide events

Recommendations

best for you.

Spend time in a natural environment. Pay attention to the animals, plants and other objects around you, noting the differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscape.

The following recommendations are based on your results. Consider each and select the ones you think would work

differences and similarities. Imagine how each living thing fits into its environment, and how the rocks and landscaperer formed
Practice grouping objects — both natural and non-living ones — according to their features. This is called categorization. Use multiple senses when categorizing objects. For example, you might identify birds by the sounds of their song, perfumes by their smell and fabrics by their texture
Get involved in an environmental cause. You may initially decide to join an organization because you know people who are already involved or because there is a need for your skills. Whatever the reason, the important thing is that you gradually learn about and appreciate the cause itself

Naturalist and Existential Intelligences

- Think about the complexities in nature the many individual details that form the whole. Use your knowledge of the natural world to consider questions about the purpose and direction of nature, and our responsibilities to it
- Deepen your spiritual connection to nature. Take time alone in the natural environment to relax, observe and open your mind to what's around you. Think about why you feel happy or at peace in your favorite natural settings

Naturalist and Interpersonal Intelligences

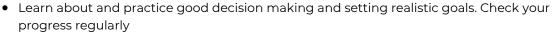
- Look for ways to make a positive impact by sharing your skills as a naturalist. Volunteer as a guide at a nature center or offer to give presentations on animals, habitat or environmental issues
- Join an environmental or conservation group, where you can discuss your interests with like-minded people
- As your interpersonal skills develop, expand your network and talk to others about your naturalist interests

You may find these areas more challenging -- you can develop them using your strengths.

Intrapersonal

Advice for Learning





- Build awareness of your feelings, attitudes and behavior. Keep a journal or blog and record your thoughts about your experiences at school. Later, review and reflect on what you've written. Try to analyze your thoughts objectively
- When receiving corrective criticism, remind yourself that feedback is intended to help you improve your skills. It's not meant to judge you as a person
- Monitor and manage negative emotions. If you notice yourself feeling frustrated, angry or upset, take a mental "time out". A brief pause to step back from the situation, calm down and gather your thoughts, even if just for a few seconds, can help you regain control

Recommendations

be	est for you.
	Spend time on yourself. Understanding your own feelings can help you sympathize and empathize with others, to appreciate what they feel. It can also help you feel more energized, self-confident and focused
	Take time to reflect. Consider your thoughts, feelings and behaviors. What actions have brought you success and what you would like to change in the future? You may want to try meditation, self-help books or courses that can help with self-analysis
	Set specific, realistic goals. Make sure they range from short-term to long-term and easy to more difficult. As you achieve them and your confidence increases, take on greater challenges
	Practice being self-aware. Try to predict how your actions — or inactions — will affect you, and other people, in future

The following recommendations are based on your results. Consider each and select the ones you think would work

Intrapersonal and Kinesthetic Intelligences

- Try physical activities that focus on self-awareness. Activities such as yoga or tai chi require being conscious of your positions and movements
- Set a goal to take up an activity or accomplish a certain level of physical achievement. Be sure it is realistic and record your progress as you work towards it. As you accomplish your goals, set more challenging ones

Intrapersonal and Spatial Intelligences

- Express your emotions and inner thoughts in new and creative ways by exploring different forms of visual art, such as painting, photography or sculpting
- Spend some time in a museum or gallery, or look at art displays in your school. Study the different spatial forms and use them to inspire self-reflection
- When finding your way around somewhere, shift away from your inward focus and concentrate on your surroundings. Good observational skills seeing and remembering what is around you will help you develop a better sense of direction and improve your map reading ability

Musical

Advice for Learning





- Take any kind of music, singing or dance class. If you play an instrument, learn to play another, unrelated type of instrument
- Take speech and debate, poetry or creative writing class. Pay attention to the rhythm and patterns in speech and writing. Try reading and writing different things with varying paces and different tone
- When working on assignments, playing sports or working with your hands, try to move and work with a rhythm that suits the activity
- Take a drama class and learn how actors use tone and rhythm to convey more meaning than words alone can do

The following recommendations are based on your results. Consider each and select the ones you think would work

• If permitted, include music in your presentations or projects. Be sure to select music that complements your assignment. Don't just pick your current favorites, unless they are relevant!

Recommendations

be	st for you.
	Listen carefully to music. Try to identify different instruments or tracks, and follow the rhythm and pitch for each
	Play games that center around making music. There are many games that allow you dance, sing or play a simulated instrument to popular music
	Learn to create music. Try singing along to music at first, then afterwards on your own. Or, try playing along to music and then on your own. There are many websites and YouTube videos that provide step-by-step instructions for different instruments and popular songs
	Use background sound to focus. Try listening to different types of music during an activity to learn which ones work best for you. You may also find that silence, or white noise, in the background works best at times

Musical and Linguistic Intelligences

- Read books about music or musicians. Or, read song lyrics without the music. Think about the techniques the writer has used. Consider word choice, sentence structure, and the way ideas are presented over each paragraph, chapter or the entire work
- Try writing lyrics to songs. Start by rewriting a favorite song with your own words. Then move on to create your own original material. You can also try writing poetry and putting it to music
- Take poetry and creative writing classes. Note the emphasis on rhythm and timing in these works. Read poetry aloud and listen for the cadence (the rhythmic flow) of the writing

Musical and Logical Intelligences

- Use music to help you focus. Listening to baroque music and formal musical training have been shown to help with math and reasoning
- Learn about the connections between math and music. Music is very much about patterns and sequences of notes and changes in vibration. Study the mathematical relationships of musical notes on the scale, sound energy and volume, and string length and pitch
- Play music-based video games or use computer programs to produce and edit music

Interpersonal

Advice for Learning





- Learn how to be a good listener. Practice "active listening" and use every conversation as an opportunity to better understand other people's points of view
- Talk to other students, teachers or experts to learn more about topics covered in class. Try to be prepared with good questions
- Ask your teacher about working in pairs or groups, or participating in projects with other classes, to encourage discussion. Outside of class, join or form a study group
- Get involved in a social cause that relates to a topic you're studying, or volunteer to mentor other students in a subject you know well

The following recommendations are based on your results. Consider each and select the ones you think would work

• Take part in role playing, presentations, debates and group activities

Recommendations

There are many tools available — including books, courses, videos and websites — to help improve your relationship skills. Some are better than others, so be sure to select a good quality resource. If possible, try to get feedback or recommendations from people who have used that resource before
 Be observant. Pay attention to people's facial expressions and posture. Try to spend more time listening than talking. By being sensitive to others' perspectives, emotions and motives, you can adapt your response to what is needed — and provide support, encouragement, an opinion or advice, for example

Get involved in volunteering, mentoring or charity work. These activities can improve your ability to feel empathy,
understand others' points of view and build your communication skills

Expand your network. Interact with	people of different ag	es, cultures and skil
sets		

Interpersonal and Intrapersonal Intelligences

- Practice reflecting, setting goals and making decisions. Combine this with your interpersonal ability to clearly communicate well thought-out ideas and influence others in a positive way
- Learn to recognize your feelings and behavior as conversations unfold. After interacting with other people, reflect on what you saw and heard. How did you feel before, during and after the interaction?
- Talk to people like guidance and career counselors about your strengths and challenges, your goals, and your plans to achieve them

Interpersonal and Naturalist Intelligences

- Join an outdoor or environmentalist club that requires someone with your interpersonal skills. You can help the group by hosting public discussions or giving presentations on its behalf
- Get involved with a naturalist cause through an organization like Audubon or the World Wildlife Fund. As you interact with the group's members, learn about the issues and sympathize with their cause, you will begin to appreciate nature on your own

Existential

Advice for Learning

- When learning something new, think about how the topic fits into the greater scheme of things. What role does it play? Why is it important? How is it relevant to you, your community or the world?
- Look for ways to connect new concepts to what you already know. Ask yourself, what other subjects or ideas are similar to this one? What larger themes or groups could this topic fit under?
- Think about multiple points of view. For example, consider how your feelings about fossil fuels might compare to those of an oilfield worker or an environmentalist. How about the views of people in other jobs or in other countries? Try to understand perspectives on all sides of an idea or issue

Recommendations

e following recommendations are based on your results. Consider each and select the ones you think would work st for you.
Talk to people who regularly explore deep topics, such as religious leaders, counselors, university professors or sociologists. Ask, respectfully, questions about life, why we exist and why the world works the way it does. Seek multiple sources to learn different points of view
Be willing to question your own beliefs and to be open to new possibilities. You don't have to believe everything you hear! But through questioning and adding to what you know, you will gain a better understanding of yourself, others and the world around you
Don't be disappointed if answers to your questions are unavailable or lead to more questions. Instead of trying to reach a final conclusion, your goal should be continual growth and maturity

Existential and Intrapersonal Intelligences

- When thinking about existential questions, try to focus on those that have a personal nature. For example, "What is my purpose in life?" and "What would I like to be remembered for?"
- When examining your personal motivations, try to reflect more specifically on your goals, relationships and feelings
- Be aware of your thoughts and productivity during class and other work times. Self-monitoring can help you remain on task and keep up with your responsibilities

Existential and Naturalist Intelligences

- Think about the complexities in nature. Note the individual details that make up your immediate surroundings and the world beyond. Does nature have goals, direction and purpose? What are our responsibilities? As you consider these questions, spend time in a natural environment to make observations and consider how each element is connected
- Get involved with a naturalist group. You can help the organization gain focus by gathering information from different sources to figure out overall strategies and policies. Spending time with the group will increase your appreciation for naturalist causes
- Study other societies to learn about the role of nature in religion and customs. Many cultures have a strong spiritual connection to nature

Spatial

Advice for Learning

- When taking notes or studying, use mind maps, charts, diagrams or pictures to visualize the topics you are learning about. Create sketches or mental images to help you memorize and recall information
- Imagine different ways of seeing things. Visualize how they would look based on a description. Then think about how they would look if you rotated them, or changed a color, shape or other feature
- Take elective courses like art, marketing and advertising, dance, animation, video production, woodworking or design
- When permitted, incorporate visual representations into your assignments and projects. For example, you could make use of charts, posters, diagrams, animations or videos

Recommendations

The following recommendations are based on your results. Consider each and select the ones you think would work best for you.

	Practice hands-on activities like completing jigsaw puzzles, designing clothes, working on engines, choreographing
	a dance routine or constructing woodwork projects. These activities encourage the use of multiple senses, such as
	vision, touch and hearing, to observe shape, distance and direction in a three-dimensional space. Paper and
	computer-based visual puzzles can also help, but rely solely on visual observation
	Use visual presentations to communicate information. For example, create graphs and charts to represent numbers
	and statistics. Use flow charts and mind maps for studying and taking notes. When preparing for activities that
	involve movement, especially complex moves, visualize your actions before the activity
П	Practice thinking about composition — the way in which the elements of an image, work of art or other objects are
	arranged and work together. Photography, art and design courses are an excellent way to get started. Becoming
	more aware of compositional details can help you become better at understanding and creating visual information

Spatial and Intrapersonal Intelligences

- Use your strength in visualization to connect with your inner self. If you were to draw a sketch of your feelings, what would it look like?
- Express your emotions in new and creative ways. Explore different forms of visual art, such as painting, photography and sculpting, or create your own functional objects
- Spend some time in a museum or gallery. Use the different art forms to inspire self-reflection

Spatial and Naturalist Intelligences

- If you enjoy art, select subjects from nature and try creating realistic-looking pieces. Observe the fine details of a natural object and apply your understanding of composition lines, color and space to bring the artwork to life
- Pursue hobbies such as gardening, flower arranging or landscape design. You will learn about nature and natural objects while employing your keen senses of color, imagination and visual detail
- Take part in activities like orienteering, geocaching and adventure racing. They use your ability to visualize paths and judge distances, while you observe and analyze landmarks in different environments

Kinesthetic

Advice for Learning



- Actively use your body and your five senses to "learn by doing". Use hands-on activities, such as manipulating objects or conducting experiments, to learn new concepts. You remember information better when it is related to an activity
- Try to remain active when you're concentrating on learning something. For example, you could squeeze a stress ball while watching a presentation
- Take short breaks to get up and move around or stretch during class time
- Complete reports and other assignments by acting out skits or building models
- Get involved in coaching or assisting. This gives you the chance to design plays or routines, or to analyze and instruct on proper movement for the activity

Recommendations

best for you.
 When practicing a new movement, repeat it several times. This helps your nerves and muscles learn the proper patterns for the activity
 Think about your body's movement during an activity. Concentrate on how your limbs and muscles move when participating in swimming, martial arts, surfing, acting or dancing, for example
 Focus on the goals of each movement during an activity. Through repeated practice, your muscles will become trained to carry out the correct movements automatically. This will allow you to focus more on the overall goal, such as winning a race

The following recommendations are based on your results. Consider each and select the ones you think would work

Kinesthetic and Intrapersonal Intelligences

- Get plenty of regular exercise. It has been shown to improve mood and overall mental health
- Try reflecting while participating in physical activities that you find repetitive or automatic. During challenging or complex activities, focus on your movements and think about how to improve your ability
- Start a program to develop your strength, speed or other kinesthetic abilities. Be honest about your current ability, set goals for improvement, and stick with it until you achieve your goals. Afterwards, apply this method to other areas of self-improvement

Kinesthetic and Naturalist Intelligences

- When participating in outdoors activities, be aware of your surroundings. Noticing the sights, sounds and smells around you while doing something you enjoy can improve your appreciation of nature and the environment
- Participate in an activity you do often and know well, so that it doesn't require your full attention. When you take a break, stop and carefully observe your setting. Take note of similarities and differences in the objects around you
- As you get used to one environment, try activities in different environments. Try to make connections between them

Logical

Advice for Learning





- Use and create information that can be represented in multiple ways. For example, data can be placed in a chart or graph. Outlines can be shown as a mind map
- To improve your critical thinking skills, learn about the "fallacies of logic" (incorrect arguments or reasoning). Practice identifying and creating statements that demonstrate fallacies
- Ask others to help you spot flaws in your problem solving and analytical strategies. When you watch someone else analyze a problem, focus on the process they use to solve it and ask questions about each step
- Look for patterns and ways to organize information to make it easier to remember. For example, you could order items alphabetically or create acronyms for the names of things

The following recommendations are based on your results. Consider each and select the ones you think would work

Recommendations

be	st for you.
	Try your skill at online puzzles. There are plenty of free websites available offering a variety of logic puzzles, riddles and unique math problems
	Use every opportunity to practice your math skills. For example, when leaving a tip at a restaurant, first try doing the calculation in your head, then on paper, then on a calculator. This will give you practice and allow you to check your answer
	Take a little time each week to read or watch a science-based article or story. Get to know some of the theories or facts in the story. Over the next few weeks, try to find real-world situations that relate to those concepts. For example, you can learn about RF radiation and how it is used to send signals to a cell phone
	Learn about common logical fallacies and how to avoid them. This can improve your reasoning skills and help you make more accurate conclusions, using reliable and unbiased information

Logical and Intrapersonal Intelligences

- Use your skills in pattern recognition, reasoning and problem solving to understand yourself better
- Set goals, make plans and track your progress for specific achievements in school. For example, you could set a goal to achieve certain test scores or grades, get onto a sports team or be elected to student council
- Think of your emotions and innermost thoughts as puzzles to be analyzed. The clues are your behaviors and feelings in different situations. Just as puzzle-solving benefits from focus and undivided attention, learning about yourself occurs best during quiet self-reflection

Logical and Naturalist Intelligences

- You have an ability to recognize patterns in abstract concepts like numbers and scientific principles. Practice applying this ability to patterns in physical objects in the environment
- Learn about scientific discoveries of the natural world in fields such as ecology, geology, meteorology or astronomy. Look for information that uses statistics, measurements and other methods to show clear comparisons
- Learn about the classification of living things and how each organism is ranked and grouped (into kingdom, genus or species, for example). Study the logical sequence of that hierarchy

Linguistic

Advice for Learning





- Underline, highlight, or write down any new or unfamiliar words you come across in your reading. Look up these words as soon as you can
- Take elective classes like creative writing, speech and debate, drama, computer programming and foreign languages. Outside of class, participate in linguistic-based activities, such as solving crossword puzzles, playing Scrabble with friends or using word game websites like Free Rice and WordPlays.com
- Read aloud. For example, read stories to a sibling, or volunteer to read to younger students or children at the library. This will improve your flow, pronunciation and confidence
- Before you begin reading a text, familiarize yourself with the goals and main concept of the chapter. This will help you to better grasp the new information
- · Get involved with the school paper or media club. Enter poetry, essay, or speech and debate contests

Recommendations

e following recommendations are based on your results. Consider each and select the ones you think would work est for you.
Practice using your linguistic skills at every opportunity — whether reading a book, writing an essay, sending an email, doing an interview or speaking to an audience
Read a variety of high quality written works. This can improve your ability to understand and interpret different types of writing and the creative use of language. Ask your English teacher or a librarian to help you choose appropriate materials
Expand your vocabulary when writing and speaking. Use a dictionary and thesaurus to help you identify new words to express what you want to say. Make sure you understand each word's definition and how to use it correctly in a sentence. If using it in a speech, learn the proper pronunciation
Explore the subtleties of humor. For example, examine the use of irony, sarcasm and satire. Learn to enjoy different types of humor and practice being funny yourself

Linguistic and Intrapersonal Intelligences

- Read the works of great thinkers like Aristotle and Einstein, who had the ability to look inward for the solutions to problems
- Record your thoughts and feelings in a journal or blog in a well-articulated manner. Later, when you can be objective, review and analyze those thoughts and feelings
- Try using poetry and creative writing to better understand yourself. Select topics that make you think carefully about your past decisions, current motivations and plans for the future

Linguistic and Naturalist Intelligences

- Read books or articles or listen to presentations on topics related to nature. As you learn more, select an environment or cause that interests you, such as mountains, oceans, clean energy or wildlife preservation. Deepen your understanding of this issue by reading more detailed accounts and attending speaking events that appeal to your linguistic abilities
- If you enjoy writing, try using nature for inspiration. As you write, look for patterns in the natural environment and think about how different elements can be categorized
- Join a naturalist or environmental interest group and volunteer to help with newsletters, outreach and other forms of communication

Emotional Intelligence (EI)







Emotional Intelligence and You

Emotional intelligence (EI) is your ability to recognize and manage your feelings and behavior, and those of other people, in a way that helps you.

Most Recent Results				
Your EI score is a blend of your interpersonal and intrapersonal intelligences scores. EI relates closely to these two				
intelligences.				

Your results indicate that emotional intelligence is likely a challenge for you. You may find it difficult to judge what others are thinking or feeling. At times, you may not realize that your mood is affecting your thoughts. You may also find it difficult to describe how you are feeling or to convince others to go along with your ideas. Don't worry, though. These are all things that can be learned and enhanced. The information in this section will help you develop your emotional intelligence.

Emotional Intelligence Traits

Read the list of traits related to EI and indicate the degree to which each is a strength or challenge for you. Be sure to update this list as you develop challenges into strengths.

Adaptable: able to deal with new and changing conditions	O Challenge	0	0	Strength
Assertive: honest, direct and willing to stand up for yourself	O Challenge	0	0	Strength
Composed: think carefully before reacting and resist being impulsive	O O Challenge	0	0	Strength
Content: happy and satisfied with your life	O O Challenge	0	0	Strength
Empathic: intensely aware of needs and feelings — your own, and other people's	O Challenge	0	0	Strength
Expressive: can communicate your emotions to others in a healthy way	O Challenge	0	0	Strength
Influential: can guide other's emotions in a purposeful way	O Challenge	0	0	O Strength

Intimate: build and maintain healthy and close personal relationships	Challenge	0	0	0	Strength	
Optimistic: have a positive outlook on life	Challenge	0	0	0	Strength	
Perceptive: keenly aware of your emotions and those of other people	Challenge	0	0	0	Strength	
Regulated: able to manage your emotions and behavior in a variety of situations	Challenge	0	0	0	Strength	
Resilient: can deal with pressure and stress in a healthy way	Challenge	0	0	0	Strength	
Motivated: persist and overcome difficulties to achieve goals	Challenge	0	0	0	Strength	
Connected: build social connections with many different people	Challenge	0	0	0	Strength	
Recommendations The following recommendations are based on your results. Select the ones you think would work best for you. Developing Emotional Intelligence Develop a sense of humor and try to make people laugh without putting others down Learn to laugh at yourself and endear yourself to others by showing humility Write out your thoughts and create a plan for self-improvement. Make a list of goals, from easy to difficult, to accomplish in the next year Volunteer to help others. This is especially effective if you are able to interact directly with those you are helping, such as at a hospital, homeless shelter, or retirement center Participate regularly in healthy activities that provide stress relief. Some examples include meditation, exercise, music, playing with a pet or talking with a close friend Take responsibility for your problems or difficulties. While it is easy to complain or blame others, this rarely leads to a solution. Choose one difficulty you're currently dealing with and figure out how you can take ownership and fix it yourself Learn to say No when you mean it. When you say Yes out of guilt, or Maybe to avoid confrontation, you invite more problems than you solve in that moment. There is no need to be mean or selfish. Just be assertive about what you						
problems than you solve in that moment. There is no need to be mear can realistically accomplish	n or selfish.	Just be a	ssertive a	about wh	nat you	

Practice being grateful. While it is important to take responsibility for difficulties, it is just as important to remind yourself of the good things in your life. Once a week, write down what makes you thankful. Record it in the same place each time, so you can easily review the things you were grateful for in the previous week
Move outside of your own perspective. When you are critical of other people or ideas, it is often because you only see things from your own perspective. Before judging, ask others why they feel the way they do. Learn more about people's backgrounds and about cultures that differ from your own. Practice listening more than speaking. Ask questions respectfully, with the goal of learning about others' views, instead of trying to make your own point

Career and Pathways



The careers listed below are all linked to your assessment results, with the careers at the top being the best match for your profile.

Intelligences Results

	Law, Public Safety, Corrections and	
Security Guards	Security Security	
Weighers, Measurers, Checkers, and Samplers, Recordkeeping	Manufacturing	
Statement Clerks	Transportation, Distribution and Logistics	
Cooks, Short Order	Hospitality and Tourism	
Bakers	Hospitality and Tourism	
Data Entry Keyers	Business Management and Administration	
Order Clerks	Business Management and Administration	
Nonfarm Animal Caretakers	Agriculture, Food and Natural Resources	*•••••
Counter Attendants, Cafeteria, Food Concession, and Coffee Shop	Hospitality and Tourism	
Gaming Change Persons and Booth Cashiers	Hospitality and Tourism	
Dietetic Technicians	Health Science	
Cooks, Restaurant	Hospitality and Tourism	
Library Assistants, Clerical	Business Management and Administration	
Food and Tobacco Roasting, Baking, and Drying Machine Operators and Tenders	Manufacturing	
Court Clerks	Government and Public Administration	
Combined Food Preparation and Serving Workers, Including Fast Food	Hospitality and Tourism	
Cooks, Private Household	Hospitality and Tourism	
Switchboard Operators, Including Answering Service	Business Management and Administration	
Payroll and Timekeeping Clerks	Business Management and Administration	
Shampooers	Human Services	
Parking Enforcement Workers	Law, Public Safety, Corrections and Security	
Dining Room and Cafeteria Attendants and Bartender Helpers	Hospitality and Tourism	
Receptionists and Information Clerks	Business Management and Administration	**••••••

Cooks, Institution and Cafeteria	Hospitality and Tourism	
Gaming Dealers	Hospitality and Tourism	
Billing, Cost, and Rate Clerks	Transportation, Distribution and Logistics	
Lifeguards, Ski Patrol, and Other Recreational Protective Service Workers	Law, Public Safety, Corrections and Security	
Ushers, Lobby Attendants, and Ticket Takers	Hospitality and Tourism	
Farm Labor Contractors	Agriculture, Food and Natural Resources	
Medical Records and Health Information Technicians	Health Science	
Funeral Attendants	Human Services	
Baristas	Hospitality and Tourism	
Pharmacy Aides	Health Science	
Tour Guides and Escorts	Hospitality and Tourism	
Freight Forwarders	Transportation, Distribution and Logistics	
Personal Care Aides	Human Services	
Photographic Process Workers and Processing Machine Operators	Manufacturing	
Office Machine Operators, Except Computer	Business Management and Administration	
Counter and Rental Clerks	Marketing	
Barbers	Human Services	
Cargo and Freight Agents	Transportation, Distribution and Logistics	
Inspectors, Testers, Sorters, Samplers, and Weighers	Manufacturing	
Home Health Aides	Health Science	
Gaming Surveillance Officers and Gaming Investigators	Law, Public Safety, Corrections and Security	
Cooks, Fast Food	Hospitality and Tourism	
Hosts and Hostesses, Restaurant, Lounge, and Coffee Shop	Hospitality and Tourism	
Insurance Policy Processing Clerks	Finance	
Cashiers	Marketing	
Pest Control Workers	Agriculture, Food and Natural Resources	
Agricultural Inspectors	Government and Public Administration	
Transportation Attendants, Except Flight Attendants	Transportation, Distribution and Logistics	
Bus Drivers, School or Special Client	Transportation, Distribution and Logistics	

Insurance Claims Clerks	Finance	
Electromechanical Equipment Assemblers	Manufacturing	
Bridge and Lock Tenders	Transportation, Distribution and Logistics	
Crossing Guards	Law, Public Safety, Corrections and Security	
Gaming Cage Workers	Hospitality and Tourism	
Massage Therapists	Human Services	
Butchers and Meat Cutters	Manufacturing	
Veterinary Assistants and Laboratory Animal Caretakers	Health Science	
Postal Service Clerks	Business Management and Administration	
Food Servers, Nonrestaurant	Hospitality and Tourism	
Gaming and Sports Book Writers and Runners	Hospitality and Tourism	
Bookkeeping, Accounting, and Auditing Clerks	Business Management and Administration	
Locker Room, Coatroom, and Dressing Room Attendants	Human Services	
Shipping, Receiving, and Traffic Clerks	Business Management and Administration	
Manicurists and Pedicurists	Human Services	
Demonstrators and Product Promoters	Marketing	
Computer Operators	Business Management and Administration	
File Clerks	Business Management and Administration	
Tax Preparers	Finance	
Customer Service Representatives	Business Management and Administration	
Insurance Appraisers, Auto Damage	Finance	
Maids and Housekeeping Cleaners	Hospitality and Tourism	
Cleaning, Washing, and Metal Pickling Equipment Operators and Tenders	Manufacturing	
Tailors, Dressmakers, and Custom Sewers	Human Services	
Word Processors and Typists	Business Management and Administration	
Computer, Automated Teller, and Office Machine Repairers	Manufacturing	
Door-To-Door Sales Workers, News and Street Vendors, and Related Workers	Marketing	
Farmworkers and Laborers, Crop	Agriculture, Food and Natural Resources	

Order Fillers, Wholesale and Retail Sales	Business Management and Administration	
Floral Designers	Arts, Audio/Video Technology and Communications	
Food Cooking Machine Operators and Tenders	Manufacturing	
Nursing Assistants	Health Science	
Legal Secretaries	Law, Public Safety, Corrections and Security	
Food Preparation Workers	Hospitality and Tourism	
Waiters and Waitresses	Hospitality and Tourism	
Telemarketers	Marketing	
Medical and Clinical Laboratory Technicians	Health Science	
Amusement and Recreation Attendants	Hospitality and Tourism	
Transportation Vehicle, Equipment and Systems Inspectors, Except Aviation	Government and Public Administration	
Interviewers, Except Eligibility and Loan	Business Management and Administration	
Precious Metal Workers	Manufacturing	
Food Batchmakers	Manufacturing	
Executive Secretaries and Executive Administrative Assistants	Business Management and Administration	
Power Plant Operators	Manufacturing	
Office Clerks, General	Business Management and Administration	
Meter Readers, Utilities	Business Management and Administration	
Pesticide Handlers, Sprayers, and Applicators, Vegetation	Agriculture, Food and Natural Resources	
Human Resources Assistants, Except Payroll and Timekeeping	Business Management and Administration	